

ABSTRACT OF THE DISCLOSURE

An optical disk includes a recording area divided into annular bands and further into sectors. Each sector includes alternating grooves and lands, both serving as data-recording tracks. Each groove includes an address region in which data is recorded by in-phase double wobbles. The address region includes an address selection data recording portion and individual address data recording portions. The address selection data recording portion stores data for selecting one of the individual address data recording portions to read individual address data from the selected recording portion.

(Fig. 1)